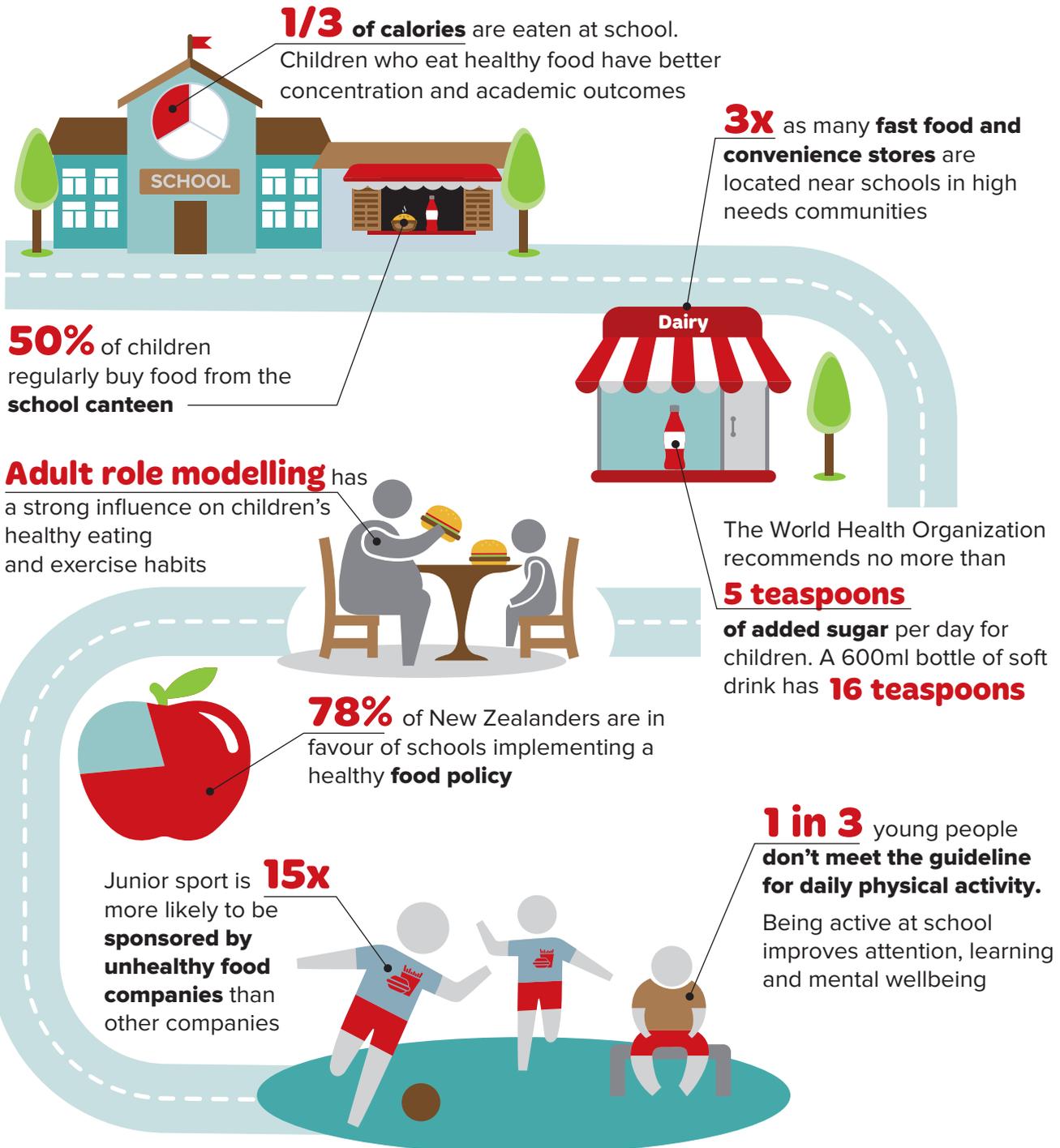


We want healthy food, drink & activity in schools



1 in 3 children in NZ are **overweight or obese**

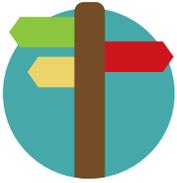


Are you with us? Turn the page to get involved

heartfoundation.org.nz

How can we work together?

The Heart Foundation has a dedicated team of staff working with schools throughout NZ. They can offer help and resources to improve healthy eating and physical activity in your school. Here are some ways they can help:



Nutrition Policy

- Support to develop your school nutrition policy and incorporate nutrition planning into your school charter



Connecting with your community

- Resources and workshops for parent groups
- Support to plan a healthy school event eg. health expo



Canteen

- **Fuelled4life** healthy recipes and resources
- Sample canteen menus
- Tips for promoting your canteen menu



Spread the healthy word

- Healthy eating snippets for your school newsletter or Facebook page
- Ideas for school fundraising and celebration events
- Tips for a nutritious lunchbox
- Help with starting or supporting your student health team



Professional Development

- Free professional development workshops for staff



Nutrition Education

- **Foodstuffs Food for Thought** in-class nutrition sessions for years 5 & 6
- Free curriculum level 1-5 nutrition unit plans
- Recipes for classroom cooking and lesson plans
- Cooking curriculum unit plans for years 7-8



Fuel up for learning

- Tools to help schools identify a clear process to support hungry students



Healthy changes at your local shop

- Support working with your local takeaway or convenience stores.



Water only school

- Formulate policy
- Templates, resources and ideas

To start your journey, visit heartfoundation.org.nz

Or contact your local Nutrition Advisor

Name

Contact